

ABLE Bodies Participant Homework for Session 6

Flexibility

Stretch often and daily. Continue to use stretches you are learning in class.

Posture and Core Stability

Pick one of these activities each day and do 8 to 12 repetitions.

- Show Me the Money
- High Rollers
- Forklifts

Strength for a Purpose

- Seated Toe Raises
- Teeter-Totter Chair Stands
- Standing Heel Raises—use good balance support, like a railing, a counter, or a walker
- Side Steps Walking

SIDE STEPS WALKING

This exercise is about moving sideways; so plan to use a handrail or counter for balance support.

The Start

- Stand tall with appropriate balance support. Knees soft, shoulders over hips, abdominals braced, head over shoulders, chin level.

The Moves

- Keep feet parallel to each other; keep shoulders and hips parallel to balance support.
- Sidestep 6 to 12 times to the right.
- Sidestep 6 to 12 times to the left.
- To make this more difficult, take bigger steps or bend your knees with each side step.
- Repeat, if comfortable and able.

